

	Questions	Answers ( Juniors under 12 only need to know the sections in red)
1	What are the benefits of practising patterns?	Patterns are practised to improve our Taekwon-do ability. By working on perfecting a pattern we improve:- <b>balance, breath control, technique precision, technique speed, body –shifting, flexibility, and muscle tone.</b> Once a pattern is known by heart and the sequence is effortless then the practise of the pattern is also a type of moving meditation which brings the added benefits of relaxation and refreshing the mind and body, Sir ( Ma'am)
2	What does the name of “Chon-Ji” in Chon Ji pattern mean?	Chon-Ji means <b>Heaven and Earth.</b> It is also interpreted as the the beginning of the world, the start of everything and that is why it is one of the first patterns practiced by a beginner at the start of their taekwon-do developmemnt, Sir ( Ma'am)
3	How many moves are there in Chon ji pattern?	<b>19 moves , Sir/ Ma'am</b>
4	What do the Belt colours , white, yellow and green represent?	<b>See grading page for answers</b>
5	How much weight do we put on the back leg in “L stance”?	<b>70%, Sir/ Ma'am</b>
6	In “L stance” how wide should the stance be and how long measured in shoulder widths?	<b>One and a half shoulder widths long but 0 shoulder widths wide, Sir, Ma'am</b>

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7	What is the most important move in Taekwon-do?	The Bow, because it is a mark of courtesy , respect for others and humility..... Sir/Ma'am
8	What is the International Taekwondo Oath?	See introductory page for Taekwondo Oath
9	What is the Korean Command for “come to Attention stance” ?	Charyot... Sir/ Ma'am
10	What is the Korean command for “Bow”	Kyong Ye.....Sir/Ma'am
11	What does “CHUNBI” mean?	“CHUNBI” means “Ready” or more fully, Parrallel Ready Stance...Sir/ Ma'am
12	What is your favourite thing about Spirit Warrior Taekwondo?	Your answer
13	What is the difference between a “Side piercing kick” and “Side Thrusting kick”?	A side piercing kick uses the foot sword as the striking area ( the outside edge of the foot from heel to 2/3rds along the foot) and a side thrusting kick uses the ball of the foot ( used to strike throat or as a pushing kick).....Sir/ Ma'am
14	What are the 5 tenets of Taekwon-do?	Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirir.....Sir/ Ma'am